

**To start the PHA process, you need to complete the following three steps first.**

1. [Log into BUPERS Online to print your Individual Medical Readiness \(IMR\) report.](#)
2. [Create an account at Relay Health to request labs through your assigned PCM.](#)
3. [Log into Health Risk Appraisal survey. Complete/print and hand carry survey to your PHA appointment](#)

**IT IS YOUR RESPONSIBILITY TO COMPLETE YOUR ANNUAL PHA REQUIREMENTS**

Please review your IMR report from BOL, if there is a "Due" item identified you must report to the specific department to update your medical readiness. You may also use the "Step-by-Step Tool for the Busy Sailor" to aide you in understanding your IMR report and updating your readiness.

Rank/Name:	
UIC/RUC:	
Date of Last PHA:	
<b>PHA READINESS LABS:</b>	<b>Date</b> <b>Next Due</b>
HIV:	Required every 2years
Lipids/Glucose:	See instruction #1 for Lipids/Glucose
DNA, G6PD, Blood Type	

**Lab Staff will initial after specimen draw**

<b>ANNUAL DENTAL READINESS: Class 3 &amp; 4 require appointment at Dental</b>		
Exam Date:	Class:	(Exam required every year)
You cannot schedule your PHA appt until you are a Class 1 or 2		

**Dental Appointment Line: 757-953-8526**

<b>Medical Equipment: If in a deployable platform</b>
Inform Deployment Health if you require medical equipment ordered

<b>Deployment Limiting Conditions</b>
Condition: Yes or No      Date:

<b>POST DEPLOYMENT HEALTH ASSESMENTS: (If "Due" in IMR, please complete)</b>
Deployed Boots on Ground, OCONUS greater than 30days since your last PHA:
- if "YES", have you completed a PDHA or PDHRA with a Mental Health Assessment online?
- If "No" survey, go to <a href="https://data.nmcphc.med.navy.mil/edha/">https://data.nmcphc.med.navy.mil/edha/</a> and click on "New User"
* type-in passphrase Activenavy1# passphrase is case sensitive and proceed to survey instructions.
If No, then Skip this section

## BHC NAVSTA NORFOLK

Deployment Health Center  
Periodic Health Assessment (PHA) Checklist



**Assistance with this form, call 757-953-9042**  
**M-Th 0700-1500, Fri 0700-1200 or email us at**  
**[BHCNorfolk-DH@med.navy.mil](mailto:BHCNorfolk-DH@med.navy.mil)**

**INSTRUCTIONS:**

**Print This Form**

1. Lipids/Glucose required if: (must fast for 12hrs prior to specimen draw, no eating/alcohol/tobacco use)
  - a. Age > 35yrs for males and 45yrs for females for Lipid Disorders
  - b. Personal history of high cholesterol/diabetes/blood pressure/Tobacco use/obesity
  - c. Family history of high cholesterol/diabetes/blood pressure/obesity
2. Information for arrival to BHC NAVSTA Norfolk for your appointment:
  - a. Present ID/CAC to greeters, Prescription eyewear (no contact lenses)
  - b. Report with IMR report, HRA survey, and Medical records
3. If you completed a PDHA, PDHRA or MHA, please notify the appointment line that you are required to notify them that this is a PHA + PDHA/PDHRA/MHA (specific survey) for the "comment" section
4. All items must be completed, if not your appointment will be rescheduled at a later date/time

<b>IMMUNIZATIONS: Visit <a href="http://www.vaccines.mil/">http://www.vaccines.mil/</a> for more information</b>				
FLU	HEPA	HEPB	MMR	POLIO
Varicella	Adenovirus	Anthrax	Cholera	H1N1
Rabies	Smallpox	TwinRx	Typhoid	TD/TDAP
Yellow Fever	Meningococcal	Pneumococcal		
Tuberculin Skin Test (aka PPD) Date:			Reactor: Yes / No	

**Immunization Staff: Stamp/Sign/Date** \_\_\_\_\_

<b>FEMALES ONLY:</b>	PAP every 2yrs if 21-29, every 3yrs if 30 or greater if applicable by PCM
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<b>Special Duty Exams/Occupational Medical Surveillance Programs</b>
-These exams and certificates are a requirement for your duties, if applicable
-These exams can be updated prior or after your PHA appointment

<b>OPTOMETRY:</b> (Eye Exam required every 2yrs for corrected or 5yrs for uncorrected vision)
Exam Date:      (Visual Acuity required annual, performed at PHA)

**Appointment Line 1-866-645-4584**

**CONGRATULATIONS ON UPDATING YOUR MEDICAL READINESS, CALL 1-866-645-4584 TO SCHEDULE YOUR PHA**